

ANNUAL NARRATIVE REPORT

STATE: ARIZONA

COUNTY: YAVAPAI

REPORT OF:

LUCINDA E. HUGHES

FROM: DECEMBER 1, 1957 to

NOVEMBER 30, 1958

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PREFACE:

The following narrative report is a summary of the agent's activities in Yavapai County for the year 1957-58.

I wish to take this opportunity to thank all National, State and County Extension personnel who have given their most valuable time and assistance throughout the year.

## HIGHLIGHTS:

This fall at our Yavapai County Program Planning meeting the group decided to:

1. Organize a Homemakers' Council.
2. Sponsor young homemaker classes on "Recommended Home Economics Practices."
3. Actively sponsor 4-H club work in their areas.

This group also recommended problems for the 1959 Yavapai County Home Demonstration program.

It is anticipated by this agent that the Homemakers' Council will be of assistance to the agent in planning more county wide and semi-county wide Home Demonstration events. The agent hopes that one or two classes of young homemakers will be conducted this year.

On a mass media scale weekly news columns of an informative and educational nature were written by this agent and published in two county papers. Twenty-four five minute farm and home radio programs were given each month. These were divided and given alternately by the Agricultural and Home Agents making approximately twelve programs per agent per month. A great effort is made by both agents to keep the radio programs and news columns on timely problems and/or news i.e. "care and preservation of deer meat" during hunting season; "Freezing of fruits and vegetables" during summer and early fall months; cleaning and storage of woolens and household fabrics in the spring, etc.

Home Demonstration projects, all well received, for the year 1958 were:

1. Safety and Health
  - a. Farm and home hazards
  - b. Fly and insect control
2. Clothing
  - a. Fabrics and finishes
  - b. Care of fabric

- c. Construction techniques for synthetics
- d. Sewing machine clinic

3. Home Management

- a. Window treatments
  - 1) Decoration
  - 2) Fabric
  - 3) Care
- b. Time and Money management

4. Foods and Nutrition

- a. Quick Breads
  - 1) Commercial and prepared mixes  
versus home prepared mixes
- b. Broiler and one dish meals
- c. Fancy breads
- d. Outdoor cookery

## ORGANIZATION AND PLANNING:

It is the aim of this Extension Agent to build a county home demonstration program to meet the needs of the families in her area. The agent endeavors to integrate and unify a number of projects into one county program. Through individual thinking, club recommendation and county-wide planning we endeavor to arrive at general overall problems which will lend themselves to extension teaching. This agent tries to keep the general extension home demonstration program on a high educational level

The agent's primary aims in the Home Demonstration program are:

1. To teach the latest and best Home Economic practices.
2. To have homemakers adopt and use the recommended practices.
3. To continuously increase the number of homemakers participating in the program.
4. To develop special interest groups of "Young Homemakers" for purely educational purposes.
5. To increase 4-H sponsorship by Homemaker groups.
6. To train leaders to carry on the responsibilities not only of Home Demonstration work but of community work also.

Efforts to organize new homemaker groups in the county have so far proved unsatisfactory.

Home visits were made in the Congress area regarding Homemaker Club organization. Two of the Congress homemakers thus visited attended the Leader Training Meeting held on "Window Treatments" so as to have a first-hand idea of the type of information received and relay of information expected. There is a potential club membership of around 15 to 25 homemakers. The people of the Congress area have in the past had very few community activities. Distances are great and transportation difficult. However, Mrs. Roy Moore and Mrs. John Hamilton are willing to work with the agent towards the eventual formation of a Homemakers group. To date the efforts (this year) of this community are being focused on the newly organized Congress 4-H club.

In an effort to stimulate attendance at meetings of mothers with young children the Chino Valley homemakers appointed a child care chairman. Her job is to provide a place as well as toys, etc. for care of pre-school children during regular club meetings. The agent and president of the Chino Valley Homemakers personally called on twelve homemakers with young children and invited them to attend the meetings. The 1958 Home Demonstration program was discussed with these individual homemakers. In all cases but one the young homemakers seemed to be interested in attending these meetings. Copies of the Home Demonstration Program were given these homemakers. The initial response of these homemakers was good but on the long time basis very few of these young homemakers have continued their attendance at meetings. For this reason the agent is planning special interest classes of from four to six meetings for young homemakers in the various areas this next year (1959). In the majority of cases young homemakers do not seem to want to come to regular homemaker club meetings but it is hoped that they will attend a few classes on "applied homemaking."

The agent is currently working with four homemakers clubs, the Yavapai Cowbells, the Kirkland Woman's Club, the Prescott L.D.S. Relief Society and six Home Economics 4-H clubs.

### Program Planning

Program planning encompasses a wide range of endeavor, from county wide program planning to individual club, community and project planning. Theoretically each county does its program planning in the fall for the coming year. However, this is actually a sifting of ideas and problems which the women have been accumulating throughout the past year.

Program planning has evolved through a number of stages in Yavapai County during the last eleven years. Some of the methods which have been used are:

1. Submitting check sheets of possible projects to all clubs.
2. County wide meetings of project leaders, officers and any others interested.

3. County wide meeting limited to officer representation at the Program Planning meeting.

During the second phase we featured guest speakers and small discussion groups. In the third phase (in which we are now involved) we featured a round-table discussion of current county problems plus recommendations for the 1959 Home Demonstration program.

The aims of program planning are:

1. To survey and evaluate the county Home Demonstration program
2. To discuss new problems.
3. To recommend pertinent problems for the coming year's programs.
4. To arrive at a county wide Home Demonstration plan of work which meets the needs of the largest possible number of people.
5. To plan so that every one feels that their problems are at least being worked on if not completely solved.
6. To develop leadership by bringing women together and encouraging them to express not only their own individual problems but their communities' problems.

As we go ahead in an ever changing world we cannot help but realize that new and entirely different problems are confronting the homemaker of today. Even eleven years ago, when this agent first came to the county our big problems were to do an improved job of the age old tasks of homemaking but today with so many homemakers working away from home and new scientific and technical research our problem is quite altered. We are living in an age where time is of the essence, there never seems to be enough of it (time) to go around. Consequently our job as home agents, is to help homemakers be informed shoppers.

Scientific advances and changed economic values have so changed all homemaking goods and practices that the homemaker of today must be many things. She must be an alert reader, evaluator and selector; she must understand mechanical devices; she must be a sympathetic wife and mother; she must be interested in and sympathetic towards the community in



which she lives, ready to do her part when her services are required; and often times she must supplement the family income.

Considering all of these and many more "revolutions" in the field of Home Economics and homemaking this agent believes that it is the job of the Home Agent to assist Homemakers to plan such a program as will be up-to-date, one which will help them with their ever-changing job of being successful, happy, homemakers.

### 1958 Program Planning

The Program Planning Meeting for the 1959 Yavapai County Home Demonstration Program was held in Prescott this year. The program for this meeting was a brief introduction of members and the program for the day given by the agent followed by a survey of the Home Economics projects worked on during the past seven years. A complete report of the meeting and tentative plan for the 1959 Home Demonstration Program was sent to all groups.

This year (1958 for 1959) was the first opportunity that the Yavapai County homemakers have had to meet independently, from other counties, for program planning. In the past this agent has had two and sometimes three counties to plan for and we have always done this cooperatively between the counties.

A number of decisions of importance to the Yavapai County rural homemakers were made.

1. The representatives voted to organize a "Homemakers Council." This council to be composed of two members from each participating group (i.e. Homemakers, PTA, Church group and other farm and ranch groups). The representatives to the council shall be the club president or chairman and the immediate past president or chairman. The first meeting of this council is to be December 4, 1958 at 1 P. M. at the home of Eula (Mrs. T. M.) Knoles of Cottonwood.
2. The Homemakers voted to sponsor four to six classes in each community for young (non-participating) homemakers. These classes to

be arranged for by the women's groups in each community and to be taught by me (your Home Agent) with the assistance of the Extension Home Economics specialists.

3. The women voted to actively support 4-H club work in their areas.
4. Mrs. Marilyn DeWitt (Cottonwood) was appointed Yavapai County Temporary Chairman of the Country Life Conference Steering Committee.
5. Recommendations for the 1959 Home Demonstration Program were many and varied. They were:

Aims Manage time and energy - Avoid Monotony

- a. Nutrition
  - 1) Weight control (looks, health and posture)
  - 2) Freezing (corn, combination dishes, TV dinners)
  - 3) Consumer buying
  - 4) Low Cost, Foreign Dishes, Meatless Dishes
  - 5) Bread making
- b. Home Management and Home Furnishings
  - 1) Furniture Upholstering
  - 2) Wood refinishing
  - 3) Time Management (money?) (Avoid monotony and drudgery)
  - 4) Consumer buying - rugs
- c. Clothing and Textiles
  - 1) Selecting accessories for varying occasions
  - 2) Finishing techniques
    - Re-lining coats and suits
    - Remodeling - re-styling
  - 3) Man-made fabrics (new and old)
    - Construction techniques
  - 4) Western shirt making
  - 5) Tailoring
  - 6) Sewing machine clinics (Cottonwood-Cornville)
  - 7) Mending
- d. Health
  - 1) Fly and insect control

The final program as devised from the above recommendations and one which the agent feels will most assist

the homemakers in their aim "Manage time and energy - Avoid Monotony" is:

1. Nutrition
  - a. Weight control (Looks - Health - Posture)
  - b. Freezing
2. Home Management and Home Furnishings
  - a. Time and Money Management (Consumer buying of floor coverings)
  - b. Wood finishing and/or upholstery
3. Clothing and Textiles
  - a. Selecting accessories for varying occasions
  - b. Finishing techniques in lining and/or re-lining coats and suits. Remodeling and re-styling
  - c. Mending
4. Health and Safety
  - a. Fly and Insect Control

#### Club Programs - 1958

Clubs carried three months of their own programs in addition to their Leader meetings this year. The projects which were covered in these "purely local meetings" were recommended but not assisted with by the county office. All arrangements were made by the President and her committees. Some of these projects were:

1. Outdoor cookery class and picnic.
2. Reports of delegates to Country Life Conference.
3. Picnic and swimming party.
4. Christmas parties.

The agent feels that all clubs should have an opportunity to select and produce their own projects a certain percentage of the time. Some of the reasons for this are:

1. It develops responsibility and a sense of achievement on the part of the club president.

2. Lets club members and communities realize that they can function without the agent's presence or assistance.
3. Gives an opportunity for clubs to indulge in purely local problems or projects.
4. Makes everyone feel that the club is their's not the agent's.

#### Leaders Programs - 1958

This year four subjects were carried by Extension trained local leaders. They were:

1. Care of fabric with special emphasis on synthetics, blends and finishes.
2. Window treatments with special emphasis on decoration, fabric and care.
3. Broiler and one dish meals.
4. Fancy yeast and quick breads.

The leaders did an excellent job of presenting these projects. Probably two of the main reasons for their success were:

1. Careful selections of projects by the Specialist and Agent for leaders to present.
2. Extreme interest of leaders in the projects.

#### Agent's Program - 1958

In carrying out the planned Home Demonstration program for Yavapai County the agent:

1. Met with all homemakers' clubs five times this year for method demonstrations.

2. Conducted four series of Leader Training meetings for both adult and 4-H leaders.
3. Did Extension home visiting in three communities in the interests of stimulating old clubs or organizing new clubs.
4. Organized the Yavapai County Home Demonstration Council along with doing the 1959 program planning.

In carrying out the unplanned but not unexpected Home Demonstration Program for the county the agent:

1. Met with the Kirkland Woman's Club on "Simple Hostessing."
2. Met with the Yavapai Cowbells six times and gave three demonstrations on current Home Economics topics.
3. Met with the Agua Fria Farm Bureau for a Method Demonstration.
4. Gave one hundred and fifty-four radio broadcasts and wrote fifty news columns.
5. Attended one (1) statewide Home Agents Conference, one (1) statewide 4-H Conference, three (3) in-service training conference, one (1) National Home Agent meeting in Chicago.
6. Supervised the adult and 4-H Home Economics division of the Yavapai County Fair.
7. Judged at the: Maricopa County 4-H fair, the Maricopa County 4-H Demonstration Day and the two Gila County Community fairs.
8. Cooperated with other agencies with regard to the:
  - a. Mental Health program in the county.
  - b. Observance of National Library Week through radio and newspaper publicity.
  - c. Country Life Conference, publicity and assignments.
9. Revised the "High Altitude Cake" bulletin, Circular 224.

## HOME MANAGEMENT - HOUSE FURNISHINGS AND SURROUNDINGS:

The aims of the 1958 Home Management and Home Furnishing projects were:

1. To increase the homemakers' abilities towards improved money management.
2. To help families obtain a better living without increased income.
3. To save money by using best window coverings possible.
4. To save time in care of windows and window coverings.
5. To improve the appearance of the home.
6. To encourage the use of proper tools, solutions and cleaners to do the job.
7. To make entertaining easy.
8. To make entertaining pleasant for both the hostess and guests.

In order to work towards these goals we taught:

1. Family economics "Money Management."
2. Window treatments and care.
3. Simple Hostessing.

In past years we have studied:

1. Avoiding monotony and drudgery in housework.
2. Simple household repair.
3. Floor coverings.
4. Storage for kitchen and dining areas.
5. Color and its application in the home.
6. Problem windows.



7. Drapery making.
8. Wood finishes and upholstery.
9. Buying furniture and major appliances.
10. Saving family time.

### Money Management

In general the homemaking picture in Yavapai County is very similar to that in other sections of the Western Region of the United States. Of course, we have many "rancher" homemakers who do not work away from home but in our "small farms" areas we have some more or less subsistence farming and the wives do work outside the home for gain. This agent feels that if the homemaker can possibly afford to stay at home, not work outside the home for gain, that her family will be ahead both financially and morally. One family, not in this area, kept a record of what it cost for the mother to work outside the home and they found that it cost \$500.00 per year above her salary when all of the extras necessary were paid. Extras included (1) more expensive foods (quick cooking), (2) baby sitters, (3) income taxes, (4) lunches, etc.

Therefore we have tried in our "Money Management" work to emphasize the advantages of wise handling of money rather than "all out" efforts to increase the total income. The aims of these meetings were:

1. To increase the homemakers' abilities towards improved money management.
2. To help families obtain a better living without increased income.

The meeting started with a discussion of the importance of good money management. We also reviewed the principles of management and emphasized the fact that good management is getting as much family pleasure and good as possible out of what resources you have available.

Using a budget wheel and the U. S. Department of Agriculture expenditures tables for November 1957 the agent illustrated the percentage of the family income spent for

food, housing, clothing, transportation, medical care and recreation in the Western region. The women were especially astonished at the low total income of \$2,866 in the West. However, the agent endeavored to show that percentages were about the same up through a \$4,000 income.

The seven steps to good management were emphasized and illustrated on the blackboard. They are:

1. Observation
2. Analysis of Resources
3. Setting up alternatives
4. Selecting alternatives
5. Putting the plan in action
6. Assuming the responsibility
7. Evaluation

In setting up this money management plan on an overall basis the agent emphasized to the women that the plan must be flexible enough to allow for all types of emergencies. But that the general long or short term goal of the reason for the "particular type of management" should be kept always in mind.

Two homemakers, Mrs. Charles Kinney and Mrs. Nellie Wilkey asked for copies of the "Farm Family Account Book." They plan to start in 1959 keeping an accurate record of their family income as an aid to getting improved distribution of their family's monies.

Consumer education in all fields of Home Economics will, in the opinion of this agent, assist families to a realization of more pleasure and value from their incomes.

As a part of the demonstration on money management the agent calculated the actual rate of interest on the average time payment item. Needless to say the women were astonished at the actual rate of interest paid on the "unpaid balance." However, many of the women seemed to feel that "it was worth it" to be able to have what they wanted when they wanted it.

#### Window Treatment and Care

In days gone by, so the story goes, Arizona homes were taxed according to the number of square feet of glass in the homes. Were this still true today, Arizona homes



would undoubtedly be much different. Today's Arizona home "must have" lots of windows, the larger the better.

This change from a few small or medium sized windows to as many windows as possible as large as possible, has occasioned the problem of window treatment. In the new home this is not so great because windows match but in the older home there are as likely as not several sizes and styles of windows in the same room. Then too, the Arizona sun is noted for its effect upon fabric and color, homemakers know that glass, in order to be pretty, must be sparkling thus our leader meetings this year on "Window Treatment and Care." The aims of these meetings were:

1. To save money by using the best window coverings possible.
2. To save time in the care of windows and window coverings.
3. To improve the appearance of the home.
4. To encourage the use of proper tools, solutions and cleaners to do the job.

The bulletin used was "Dress and Care for Your Windows."

The procedure for these training meetings was both:

1. Discussion
2. Demonstration

The agent showed the different types of windows with the flannel graph and strips of felt. We showed the casement, double hung, picture and grouped small windows, The advantages and disadvantages of each kind of window were discussed.

The lengths of the various types of curtains were discussed. The women had many ideas as to length of curtains. Leaders with small children in small rooms emphasized the fact that sill length curtains are much more satisfactory than even apron length curtains. "Small hands are very apt to pull on a long curtain and either tear it or break the rod."

Samples of all types material (natural and synthetic fiber) were shown and discussed. The women realized the advantages as well as disadvantages of fiber glass curtains. Many prefer cotton curtains. The most common curtaining materials used in Yavapai County seemed to be cotton, rayon, nylon and orlon. There are very few fiber glass curtains in the county. The women are eager to have curtains which:

1. Require minimum ironing
2. Will not fade
3. Will wash
4. Look nice and add to the attractiveness of the room or home.

An effort was made to teach the women what some of the more common fabric trade names mean especially in rayon curtaining material.

The women who have Indian rugs were delighted to see samples of the new cotton drapery materials designed to go with their rugs. Suitable drapes for use in a room with Indian rugs has been a problem for a number of years here in Yavapai County.

Discussion of techniques for constructing the various types of drapes were discussed and demonstrated. We also discussed and demonstrated suitable hardware for hanging curtains and drapes. In some of the newer homes no provision has been made for this in the original construction of the building. The various kinds of screws, bolts and holders were shown.

We also discussed cleaning of woodwork (around the windows) as well as the window glass. Formulas for home-made glass cleaners were given.

The greatest interest seemed to be in the fabrics discussed and shown.

### Simple Hostessing

The agent worked with Mrs. Curtis Ritter, Education Chairman, of the Kirkland Woman's Club on a program to assist young homemakers to be "at ease" when entertaining.

This club has a more or less formal tea at each meeting, beginners needed help with this. Also since the Western survey shows that the frequency of "Pot Luck" company far exceeds "planned for" company meals the agent and club chairman felt the both types of entertaining should be demonstrated.

Some of the things that we decided that these young, inexperienced homemakers need were:

1. Knowledge of How to do.
2. Knowledge of What to do.
3. Experience in doing.

The procedure for the meetings was

1. Assistance to hostess with setting of formal tea table.
2. Demonstration of making of gingerbread from a home made mix.
3. Demonstration of storage equipment for linen and silver.
4. Place settings with inexpensive china and silver.
5. Discussion of emergency shelf and use of home freezer.
6. Discussion of principles of table decorations (formal and informal).
7. Assistance to hostess with serving the tea.
  - Hot gingerbread with variety of dips
  - 1. Cream Cheese
  - 2. Orange Marmalade
  - 3. Whipped Cream

Ice Tea

Both inexperienced and experienced homemakers seemed to enjoy and profit from this demonstration. Aside from the main items mentioned above the agent emphasized:

1. Good housekeeping practices (daily touch up).

2. The development of a satisfactory family pattern for meal time and then adhering to this same pattern when guests are present.
3. That the wise homemaker does not try new dishes or difficult food preparation when company is present or expected.

### Miscellaneous

#### Household pests

This fall has been unusually bad for flies, spiders and bugs of all kinds. Radio and news columns have dealt with the solution to this problem. There are a good many individual office requests on this problem.

In our "Outdoor Cookery" meetings and picnics we always do some fly and insect control.

We use the bulletin Household Pests, Circular 195, for distribution to those interested or being "pestered" by household pests.

#### Bulletins

Bulletins on all phases of Home Management and House Furnishings have been distributed this year upon request from individuals. Some of the more popular bulletins are:

Re-upholstering a Chair at Home

Kitchen Storage

Spot and Stain Removals

Window Curtains

Tailor your Drapes

Household Pests

The Finish Counts

Storage

Radio and new stories on all of these bulletins and many other questions on Home Management and House Furnishings have been discussed and written about. The aim of the radio and new stories is in the main not to give specific directions for doing the many techniques but is an effort to let people know that we have the material available, free for the asking.

## CLOTHING AND TEXTILES:

How times change! The changes in the clothing and textile field have been phenomenal during the last few years. The new fabric blends and finishes on fabric have given us more: beautiful, durable, easily cared for clothing. However, along with these improvements have come problems in selection, construction and care of garments and fabric. The homemaker of yesterday never saw a fabric or garment "label" she could tell by "feeling" exactly what fiber the fabric or garment was made of and knew exactly how to take care of it. Also, once the sewing machine tension was balanced it seemed to be usable for practically all fabrics. Women practically never changed tensions, needles, thread or stitch size unless some "dire emergency" forced them to do so. However, blends, synthetics and finishes have changed this picture. The aims of the clothing and textile program for the county this year were:

1. To teach consumer buying of today's fabric and garments.
2. To teach construction techniques and care of today's fabrics and garments.

### Fiber and Fabric

Four method demonstrations, six radio programs and two news articles were devoted to this project. The Clothing Specialist worked with the agent for two days on this project.

This was the first step in a three months clothing project on fiber, fabric and finishes; what are they; how do you care for them; and how do you sew on them. The objects of this program were:

1. To educate the public as to what to expect from various blends of fibers and finishes on fiber.
2. To teach characteristics for fibers and finishes.
3. To help the homemaker understand what to expect and how to get her money's worth when shopping.

The procedure for the method demonstrations was:

1. A "blackboard" discussion of the absorbancy of various fibers, natural and synthetic.
2. A discussion of how absorbancy and non-absorbancy contributed to the use, ease of drying, difficulties of dying and other characteristics of fiber, fabrics and blends.
3. A study of garment labels to determine fiber content, fiber and fabric treatment and/or finish. An effort was made to teach various common terms used to describe fiber treatments such as Sanforized, Regmil, Pre-Shrunk, Sanforlen, Lanaset, etc.
4. Samples of various fabrics with different finishes on them were examined and discussed.

All women, right now, are extremely interested in the various fibers, fabrics and finishes used in all types of clothing. There have been many disappointments in the past few years in the purchase of articles of clothing. This due to partial reading of labels, poor understanding of terms used, and in general lack of knowledge on the part of the purchaser and consumer. For example habit has decreed through the years that men's white shirts stay brighter longer with an occasional bleaching. However, today many of the men's white shirts are of the "wash and wear" type. This involves a resin finish which becomes yellow and looses its finish when subjected to a bleach. This is only one example out of hundreds which could be cited. It is only hoped that through radio, newspapers and these Method Demonstrations that we have helped the homemaker to get her money's worth out of her purchases. Emphasis has been continuously given to the value in time and money of these new scientific developments in the fabric and clothing fields if we as the consumer use good purchasing and care practices.

#### Selection and Care of Fabric

Leader Training Meetings were held on selection and care of fabric. All adult clubs and 4-H clubs in the county were represented. Miss Helen Church, Clothing Specialist, conducted these training meetings assisted by



the agent. These Leader Training Meetings were work meetings as well as Method Demonstrations.

The objects of these meetings were:

1. To train leaders.
2. To teach selection and care of 100% synthetics and blends of fabric.
3. To teach effect of soaps, synthetic detergents, and fabric softeners on fabric and finishes.
4. To teach specific care and bleaching of Nylon and Orlan.

The procedure for these meetings was:

1. Discussions and review of fiber, fabric, and finishes.
2. Actual bleaching of a badly "greyed" nylon slip.
3. Actual washing, blocking and pressing of a white orlan sweater.
4. A Study was made of samples of fabric washed in:
  - a. Solvent
  - b. Hot water and Tide
  - c. Warm water and Lux

The women were really amazed at the reactions of the different fabrics and finishes to the various washes. Solvent tended to remove a certain amount of the resin finish. Hot water and Tide put an excessive number of deep wrinkles in some of the fabrics, both synthetics and resin finishes. The warm water and mild soap seemed in most cases to be the most satisfactory.

The women were delighted with the ease and success of bleaching greyed and/or yellowed nylon slips. The successful washing, bleaching, and softening of the white nylon sweater was also an eye opener. The women were glad to see how the static electricity could be caused to release the lint as a result of rinsing in a fabric softener or "nego-stat."



Reports of leaders on their meetings indicate that leaders did an excellent job of presenting the material to their clubs. Probably the most outstanding portion of their demonstrations was the bleaching of a 100% nylon garment. Normally homemakers tend to be afraid to use strong bleaches on nylon because it appears so delicate. One leader reported that a 1949 (9 year old) slip looked and felt better after she bleached it than some of her new ones.

### Construction Techniques

The agent gave method demonstrations in "Construction Techniques for various Synthetics, Blends and Finishes." The women say that these demonstrations were the most helpful of any that they have ever had. Probably the reason for this is that women have bought so much of the "miracle fabric" and have had "such" difficulty making a good looking garment. They want the many advantages attached to the synthetics but want to look "well groomed" too. Often times in home construction of garments from synthetic fabric the women have difficulties: (1) Stitching (seams puckered), (2) putting in sleeves (material would not ease), (3) putting in inner facings, (4) finishing seams, (5) pressing, etc.

The objects of these meetings on "Construction Techniques" were:

1. To help homemakers get the most value for their clothing dollar.
2. To teach type of thread, size of needle, size of stitch and tension adjustment best for each fabric.
3. To teach seam finishes appropriate for the synthetics and blends.

The procedure for these meetings was:

1. Demonstration of nylon, nymo and dacaron threads. Especial attention was paid to the stretch ability of these threads.
2. Demonstration of tension adjustments.

3. Demonstration of size needles.  
Recommendation of sizes of needles best suited to each material.
4. Demonstration of cutting and pressing of synthetics and blends.
5. Seam finishes.
  - a. Small French seam
  - b. Imitation French seam
  - c. Overcasting hand and machine
  - d. Top stitched seam
  - e. Flat fell seam
6. Hemming.
  - a. The rolled hem
  - b. The wide hem for sheer fabrics
7. Demonstration of sleeves.
  - a. Set in sleeves for synthetic fabrics
  - b. Gussets for the kimona sleeve dress
8. Setting in a zipper.

Variations in threads and needle size are difficult to get in any of the stores in Yavapai County. However, the women are doing their best to get the right materials on hand for sewing on synthetics.

Tension adjustment will probably always be a problem in Home Sewing. The average homemaker seems to "live in deadly fear" of getting her sewing machine tension out of balance. However, each woman that we can personally help to feel competent to adjust tensions is a step in the right direction. Many times she can help her neighbor to have the same feeling of confidence about tension change and adjustment.

Homemakers right now are very conscious of the blends and pure synthetic fabrics and garments on the market. They really want to know and observe the correct procedures for construction and mending.

It's felt by the agent that these meetings on construction techniques were very worthwhile.

### Special Interest Construction

This year the agent gave a special interest method demonstration to the Chino Valley L.D.S. Relief Society on sewing.

The objects of this meeting were:

1. To help the women save on the clothing dollar.
2. To teach special sewing techniques and skills.

The procedure for the meeting was:

1. Demonstration of turning a man's shirt collar.
2. Demonstration of drafting and making a detachable and an attached middy collar.
3. Putting in a zipper.
4. Practice in all procedures by individual women.

Two women brought shirts which needed the collar turned. They were thrilled at the ease of collar turning and went home with the collars turned on the shirts which they had brought.

All of the women took a copy of the drafted detachable middy collar as well as a copy of the instructions for drafting the attached sailor collar.

Several women practiced putting in a zipper. The bulletin used was "Easy Sewing Skills."

In making the sailor collar the agent emphasized the importance of seam pressing, trimming and re-pressing after turning so that the outer seam edge comes slightly under the bottom of the collar.

The women all seemed to enjoy this meeting.

## Miscellaneous - Clothing

### Sewing Machine Clinic

One sewing machine clinic was held this year, six machines were cleaned, oiled and adjusted. There were two points of note at this clinic. One sewing machine needed a new shuttle carrier. We installed this and timed the machine. The second thing of interest was that the "face plate" of one of the White sewing machines had to have the bottom face plate screw fairly loose in order for the needle to hit the hole in the "Throat plate." The owner of this White sewing machine said that her machine had always been a problem - sometimes she consistently broke needles and other times she consistently broke the top thread. Needless to say, this homemaker was glad to know what the difficulty was. She now feels that by careful attention to this particular "Face Plate" screw that she can avoid further difficulties. Sewing machine clinics are held in areas when requested by the homemakers.

### "Fabric Facts" and "When you buy a Sport Shirt"

The leaflets "Fabric Facts" and "When you buy a Sport Shirt" have received wide publicity and distribution in the county. They were put out on our complete mailing list. Radio and newspaper publicity was also given these two leaflets.

### General - Clothing

General and specific requests on clothing problems were discussed with individual homemakers. Mrs. H. T. Coates, 4-H Leader, was asked to teach the adult night school beginning and intermediate clothing construction classes. The agent worked with Mrs. Coates three different periods assisting her with planning the points which she would teach. Mrs. Coates should do a good job of assisting interested Homemakers with their sewing problems.

All of the clothing bulletins have received wide newspaper and radio publicity. Homemakers having specific problems come in and pick up the bulletin or bulletins which will be of assistance to them.

## NUTRITION:

The nutritional status of ranchers and farmers in Yavapai County is high. We have very few cases of disease directly traceable to poor nutrition. The nutrition work in Yavapai County has been operating for a number of years on a long range basis. Each year we have endeavored to do some nutrition review of the previous years' work as well as to add some new nutrition information. To date the nutrition program has covered the:

1. Caloric value of food.
2. General nutritional value of food.
3. Protein value of food.  
Complete  
Incomplete
4. Vitamin A and C value of food.
5. Vitamin B complex value of food.

The basic nutritional facts have been taught through a multitude of devices. Some of them direct and others indirect. Examples of these devices are:

### A. Direct

1. Use of the Basic 7 Food Chart.
2. Use of the USDA Food Value Leaflet #AIB-36.
3. Use of the new USDA Food for Fitness Leaflet #424.
4. Analysis of foods actually eaten in 24 hours.
5. Analysis of prepared foods.
  - a. Food value
  - b. Cost in relation to home prepared
    - (1) Time
    - (2) Money

### B. Indirect

1. Home Preservation
  - a. Freezing
  - b. Canning

2. Meat Preparation
  - a. Broiler and one dish meals
  - b. Outdoor cookery
3. Pressure Saucepan cookery
4. Special Food Preparation
  - a. Breads and rolls
  - b. Meats and poultry
  - c. Pastry
  - d. Beans
  - e. Cakes

The majority of the Yavapai County Homemakers realize that nutrition is very complex; that by following the Food for Fitness food chart in their daily meals they and their families can be well nourished. Except for a few isolated cases the women calculate actual food intake at only infrequent intervals but they do check their menus with the Food for Fitness chart. About 50% of the Yavapai County Homemakers keep the food chart in a convenient spot in their kitchens. In that way it is easily referred to. (The recommended practice is to tape this chart to the inside cupboard door).

The agent has endeavored to instill in the minds of the homemakers the importance of proper meal preparation. Great emphasis has been put on the fact that improperly prepared food may not be nutritious food.

The agent's over-all aims in the nutrition program are:

1. To have homemakers serve a balanced diet of good fresh or properly preserved foods properly prepared.
2. To have everyone in the family eat their requirement of these foods.
3. To get the most possible nutrition from the food dollar.

In achieving these nutrition aims this agent feels that it is essential that today's homemaker be thoroughly aware of all foods buymanship problems. Yesterday's homemaker served meat, vegetables, bread, butter, milk and sometimes a dessert. She started in with the raw "food stuffs" and if she did a careful job of correct preparation her family was at least offered an adequate diet. Today's "working homemaker" is tempted to and often does serve her



family from those "ready-prepared foods" which she finds on her grocer's shelves or in his freezer. Careful analysis and selection must be used by the homemaker if her family is to continue to be "well fed" nutritionally. Most ready prepared foods tend to be high in calories and relatively low in protein. Careful selection and supplementing by the homemaker can and will eliminate the possibility of a nutritional deficiency.

#### Mixes - Commercial Versus Home Made

September, October and November of this year were devoted to the field of Foods and Nutrition in the Home Demonstration Program. The aims of the 1958 Foods Program were:

1. To have well informed Homemakers able to evaluate foods purchases in relation to preparation time, money and nutritional value.
2. To decrease foods costs.
3. To improve family nutrition.
4. To add "zest" and "pride" to the homemaker's job.

In accordance with the project as outlined by the Nutritionist and Agent the homemakers studied the use of mixes, commercial versus home mixes. A four page mimeograph on mixes was prepared in this office and was used all through the Nutrition project this year.

The procedure for these meetings was:

1. The agent showed samples of a few (10 or 12) of the large variety of mixes available on the grocery store shelves. She lead a brief discussion on other mixes and ready prepared foods such as T.V. dinners, meat and chicken pies, jellies and jams, etc.
2. The agent demonstrated the making of a general all purpose mix.
  - a. This was studied with relation to the commercial as regarded time necessary to prepare, storage life and cost.

- b. The agent made biscuits from both the home and commercial mixes. Homemakers noted the difference in texture, flavor and cost.
3. The agent demonstrated the making of muffins. Muffins were made by (1) the conventional method, (2) the use of commercial mix, and (3) the use of the home mix.
4. The agent discussed the relative cost of different types of hot yeast bread and cornbreads. The increase in cost of partially prepared and completely prepared breads was noted especially in brown and serve rolls and cornbread mix in a pan.

The women were astonished at the cost increase to their food budget of for instance serving brown and serve rolls instead of home made rolls. Even the cost of home and commercial mix biscuits was astonishing. Homemakers with large families could easily see the savings which they could make by making and using their own mix. Also it takes very little time to make a gallon of all purpose mix. Therefore, with good planning, the women felt that the home mix need not be considered as a time consuming operation.

### Fancy Breads

Bread is the "Staff of Life" but it's also one of the most popular "fancy foods" that a homemaker can serve her family. Any homemaker willing to take the time (very little time really) to make either a plain hot bread or a fancy hot bread for any meal always receives enthusiastic approval from her family.

The outline for the Fancy Breads meetings was:

1. Demonstration of the making of ginger bread mix and its use. A cost comparison between commercial and the home mix was also given.
2. Demonstration of making Quick Yeast breads and herb breads from the all purpose mix made in September.
3. Making of Foreign and Conventional fancy breads as outlined in the Yeast Breads Circular #262 and "Breads from Many Lands."



The agent suggested that Foods leaders assign various of these "Fancy" breads to individual homemakers for them to demonstrate at their meetings.

Homemakers all agreed that hot breads were well worth the few minutes of preparation time and that hot breads need not be expensive since they usually take the place of a dessert. Individually, homemakers seem to hesitate to make hot bread because of the weight problem. The agent endeavored to stress to leaders that hot breads need not be a weight hazard if the homemaker would eat only one serving.

### Broiler and One Dish Meals

County wide Leader Training meetings were held on the subject of Broiler and One Dish Meals. In addition to the over-all aims of the nutrition program for 1957-58 the agent had the additional aims for this project of:

1. Helping homemakers to get value received from the broiler section of their stoves.
2. Encouraging homemakers to use quantity recipes and freeze the excess in family sized portions.

The outline for the Leader Training Meetings on Broiler and One Dish meals was:

1. Demonstration on making and use of the cornmeal Quick Mix. This mix was discussed from a relative cost value also.
  - a. One suggested use for a one dish meal using the cornmeal mix was creamed chicken in an Herb Cornbread ring. The women really liked the flavor of the herb cornbread and the creamed chicken.
2. The agent demonstrated the use of the broiler with particular reference to:
  - a. Type of grill on the broiler
  - b. Distance of broiler from the source of heat
  - c. Ease of cleaning the broiler pan

We broiled Smoked ham, German Fried Potatoes, and peach halves. The potatoes were brushed with butter several times during the broiling process and the women were really impressed with their flavor.

3. Using the recipe for "Miltipurpose Barbecued Hamburger Mix" from the Circular "Beef in the Family Menu," Circular 259, the agent demonstrated
  - a. Making the Hamburger Mix
  - b. Uses of the Hamburger Mix
    - 1) Sloppy Joe Hamburgers
    - 2) Hamburger Stroganoff
  - c. Packaging of Hamburger Mix

We also discussed the other uses of this hamburger mix.

Leaders guides for both the "Broiler and One Dish Meals" and the "Fancy Breads" were given out to all leaders.

All in all these were mighty full Leader Training Meetings but the women seemed to go home with specific ideas as to just how they were going to relay the information to their club members.

Verbal reports from several of the women indicate that their meetings were most successful.

Incidentally about 50% of the 4-H Foods leaders attended these meetings. The agent felt that these meetings would be helpful to these leaders as well as the adult foods leaders and to all Yavapai County farmers and ranchers.

### Outdoor Cookery

The agent conducted outdoor cookery training meetings and one picnic with some Outdoor Cookery attached. In the Outdoor Cookery lessons the agent taught:

1. Broiling or barbecuing of chicken over a pit barbecue.
2. Baking of pinto beans in a Dutch oven.

### 3. Making and baking of Dutch Oven biscuits.

Picnics and/or Outdoor Cookery projects were difficult this year because of the heavy afternoon rains. However, once the fires were started the results were highly satisfactory. We used the mimeograph "Lets Barbecue Chicken," the Pinto Bean circular and the biscuit mix recipe for our main foods. Other foods served were:

1. Combination salad
2. Butter - preserves
3. "Cowboy Coffee"
4. Ice Cream Bars

The final steps in all food preparation were done at the picnic area. Only the barbecue sauce, the biscuit mix and the pressure cooking of the beans was done ahead of time. The women divided into teams, each team was responsible for the preparation of a specific dish. The results were highly satisfactory.

Outdoor cookery is very popular right now in Arizona, 75% of the people either have an outdoor barbecue or have plans for getting one. Therefore, the agent is anxious that correct preparation procedures be followed in outdoor cookery.

### High Altitude Cake Testing

This year the agent re-tested old cake recipes and tested new cake recipes for her bulletin on High Altitude Cake making. New recipes added were: White and dark fruit cakes, pound cake with fruit added and streamlined method chocolate cake.

The revised cake bulletin with additions noted was re-printed early in the year and has been distributed to all rural homemakers in the county. Also many office requests have been filled.

In connection with the program on Simple Hostessing the agent tested gingerbread recipes and mixes suitable for high altitudes. A suitable gingerbread mix was devised and was used not only for the simple hostessing meetings

but was used in the fancy quick breads meetings as well.

The women in the county now have three mixes readily available for almost any purpose. They are (1) general all-purpose mix, (2) cornmeal mix and (3) ginger-bread mix.

#### Teenage Cooking School

The agent served as a judge at this year's teenage cooking school sponsored by the Arizona Public Service Company. The Public Service does a good bit of Home Economics foods work in conjunction with the schools in Yavapai County.

#### Food Preservation

This year August in Yavapai County could easily have been classed as "Food Preservation Month." Radio programs dealt primarily with this subject and many telephone and office calls were received with regard to either freezing or canning peaches, pears, string beans, berries and corn. Some cucumbers were also available this year for pickling.

#### Beef Bulletin

The new beef bulletin "Beef in the Family Menu" Circular #259 has been very popular. The agent mailed copies to all women on our Cowbelle and homemaker lists.

#### Food for Fitness

The new U.S.D.A. "Food for Fitness" leaflet has been distributed through our nutrition program this Fall and will be distributed to all 4-H club members next year.

## HEALTH AND SAFETY:

Good health is an integral part of the entire Home Demonstration program. All phases of homemaking (nutrition, clothing and home management) are important contributing factors to good or bad health.

### Farm and Home Safety

Farm and Home Safety was the project for health this year in Yavapai County.

The objects of these meetings were:

1. To decrease the incidents of home accidents.
2. To make homemakers aware of the causes of accidents in and about the home.

The procedure for these meetings was:

1. Filling out of the home hazard sheet by all homemakers present.
2. Showing of the movie "Safe as you think."  
This movie shows the need for safety consciousness in the minds of all of us at home, work or play. It dramatizes the ridiculous chances that we take every day to save a few seconds.
3. Discussion by the agent of mental attitude as regards safety and accidents.
4. Discussion and demonstration by the agent of the relationship of each phase of homemaking to safety in the home. For example:
  - a. Clothing  
Care of equipment  
Proper clothing for the job to avoid fatigue and hazards
  - b. Health  
Care of medicines and medicine cabinets  
Good health habits

- c. Nutrition  
Good nutrition and proper use and care of working equipment
- d. Home Management  
Good housekeeping practices, planning and attitude

The agent stressed the importance of mental attitude, emotional stability, good food and rest habits and happy family relationships as important factors in the avoidance of accidents. The agent also emphasized that "mother" is recognized by those in safety work as the key to safety for her family at all times. That "mother" is responsible also for the safety training of her family.

There was a great deal of discussion by the women of cases of accidents in the home which they knew about personally. One of especial interest was of the two children who wanted a second "baby aspirin bottle" to play with. However, the second bottle was full and on a high shelf in the medicine cupboard. Nevertheless, an hour later the mother found the two children playing with two bottles, both empty and she never did find the aspirin. Result - a trip to the doctor (50 miles), a stomach pump and no other ill effects. This story served to illustrate for all those present that you never know "how high a child can climb" and the results might not be so "simple?"

Radio and newspaper publicity and information on this program was given by the agent.

No immediate results can be measured on this project. However, through knowledge of the causes of home accidents it should be possible to cut down on such accidents.

### Mental Health

The Verde Valley mental health unit has continued to function this year. The teenage recreation program is probably their most important achievement. They now have a skating rink, lighted tennis courts, reading rooms and indoor game rooms. The Valley Action Committee has also been instrumental in maintaining and supervising active sports events such as Little League Ball, basket ball, tournaments, etc.

Still another phase in which the mental health movement has helped the teenage is in improved counseling for his later vocation. The majority of teenagers simply go to high school because it's the thing to do. A large percentage of them never seem to think about what they are going to do in later life to make a living.

#### Chest X-Ray

Yavapai County homemakers assisted with the clerical work of the mobile chest x-ray when it was in their areas. Since Arizona has such a high incidence of T.B. conscientious homemakers make every effort to see that their entire family is x-rayed annually.

#### Cancer

Members of homemakers' clubs furnished volunteer workers and some money to the cancer drive. At the request of the State Cancer Director, the agent appointed a homemaker to serve on the county cancer board.



## RECREATION AND COMMUNITY LIFE:

"Happiness through Family Unity" is the aim of the agent and homemakers. The majority of planned recreation is adaptable to family participation.

Homemakers' clubs have some sort of recreation at each meeting. Types of recreation are:

1. Songs
2. Games
3. Auctions
4. Refreshment

The agent encourages songs and games because of their group participation spirit.

Two recreational events aside from the individual club Christmas parties were held this year. Cottonwood and Chino joined for an "Outdoor Cookery" picnic on Mingus Mountain in August. Cornville, Camp Verde and Cottonwood joined together for a pot luck picnic and swimming party in August. The values of these combined social affairs are:

1. They help rural women become better acquainted with each other and thus make it easier for them to work and plan together.
2. They foster pride in each individual community and its accomplishments.
3. They facilitate an easy exchange of ideas by homemakers.



## EXTENSION INFORMATION:

### News Columns

The agent wrote a weekly news column which was published in two of the county papers, the Messenger and the Prescott Evening Courier. These columns were marked for release on Wednesday since the weekly paper can be bought on the news stands on Wednesday. This news column deals with current topics of general interest plus news regarding 4-H and adult Home Economics events in the county. The agent endeavors to have each column begin with some joke or appropriate saying which to a certain extent seems to get people to read the column.

Special news articles and news releases of a pertinent nature are submitted by the agent to the county papers and are always published. Our newspaper cooperation is good.

### Radio

This agent along with the County Agricultural Agent has three radio broadcasts per week on each radio station, KNOT and KYCA. These are six and three minutes respectively. Each agent does two broadcasts at each station at a time, thus making four broadcasts per agent one week and two the next week.

An effort is made by this agent to keep all material pertinent.

### Bulletins

The new bulletin on beef entitled "Beef in the Family Menu" was mailed out on our cattle list and homemakers list. It was also distributed upon request.

The revised High Altitude cake bulletin was also mailed out on our mailing lists.

All other homemaking bulletins have been used and distributed as the occasion demands.

Our pegboard type bulletin boards installed two years ago are still outstanding for bulletin display. This agent has facilities for displaying fifty-five to sixty bulletins on one wall of the county office. It is amazing how much more readily the general public will take and use an attractively displayed bulletin. Our bulletin boards are a "dusty pink" against which all of the bulletins look attractive.

#### Mimeograph

An incredible amount of Home Economics specialized mimeograph material is gotten out by the agent and the county secretary. Twenty-five mimeographs of from one to five pages were gotten out this year.

#### Circular Letters

Letters to Homemaker Clubs, 4-H Clubs, leaders and members were gotten out as the occasion arose.

## MISCELLANEOUS:

### In-Service Meetings

The agent spent twenty-four days at in-service training meetings this year. They were:

1. 4-H In-Service Training Meeting
2. Money Management Agent Training Meeting
3. 4-H Home Furnishing Training Meeting
4. Beef Cookery Training Meeting
5. Freezing Training Meeting
6. Home Agents Conference
7. National Home Agents Association Meeting

All of these training meetings (1 - 6) were conducted by Extension Service personnel and were very worthwhile.

This agent attended the National Home Agents meeting in Chicago this year at which time she was awarded the Distinguished Service award. This award is presented by the National Association. My thanks to all Extension personnel for their assistance to me in winning this award.

### Yavapai County Fair

The agent attended meetings of the Superintendents of the Yavapai County Fair. Plans were made for expanded facilities and an increased exhibit list especially in the arts department. The arts department was expanded to include antiques and all kinds of hobbies.

This year the Junior Monday Club again took the responsibility for the adult Home Economics exhibits at the county fair. This group worked a total of 263 hours. They received, had judged, exhibited and returned all Home Economics exhibits. This year 92 women exhibited a total of 650 exhibits. This is a decrease of about 25 exhibitors and 350 exhibits. This agent is unable to explain the decrease in exhibitors other than by a decrease

in interest in county fairs as we know them. Peoples' interest at county fairs seems to be in events other than the exhibits. Horse shows, etc. seem to have an increasing drawing power.

#### Gila County Fairs

The agent judged the clothing exhibits at both the Pine and Young community fairs. According to the County Agent in Gila County there was quite a drop in the number of exhibits at both these fairs.

#### Maricopa County 4-H Fair

This agent judged foods exhibits at the Maricopa County 4-H Fair. There were approximately 1000 foods exhibits. One of the Arizona Public Service Company's Home Economist assisted with this judging.

#### National Library Week

The agent talked with Mrs. Norman Garrett, Prescott Chairman of Arizona Library Week activities, and arranged with her for "Agent" publicity of the planned activities in Arizona.

Library week was observed here by:

1. Open House and Tea at the Library.
2. Special activities of "The Story Lady" with the young children.
3. Adequate newspaper and radio publicity.
4. Posters and other displays prepared by the school children in recognition of this event.

### Country Life Conference

Two women, Hazel Cole and Marilyn DeWitt, both of Cottonwood attended the Country Life Conference at Tucson this year. This agent was unable to personally attend over two or three of the sessions because of the 4-H Leaders Conference in session at the same time.

This agent arranged for representative women from all counties to be on the radio and TV programs previously scheduled by the State Leader and Information Specialist. There were six TV programs and two radio programs on which Country Life Conference women delegates participated.

### Cowbellles

The agent attends as many of the Yavapai County Cowbelle meetings as possible. They are now having monthly potluck dinners in the homes in addition to meetings in town whenever the Cattle Growers meet. This seems to have stimulated some additional interest. The Cowbellles have many worthwhile projects with a twofold purpose.

1. To stimulate interest in the use of beef.
2. To assist the communities in which they live to make a better living from the cattle industry.

Some of their projects have been:

1. Sending a girl to Girls State.
2. Supplying foods medals to high placing 4-H foods girls at County Fair time.
3. Supplying material for a public service radio broadcast on "Hoof beats from the past."  
(Stories of early Arizona)
4. Cooperating with the State Cowbellles to supply scholarships to ranch boys and girls.
5. Cooperation with county events such as the 4th of July Rodeo Parade and the Yavapai County Fair Community Booth exhibits.

#### OUTLOOK AND RECOMMENDATIONS:

The outlook for the Home Demonstration Program in Yavapai County for 1959 is good. The special "Young Homemakers' Classes" planned for this next year (1959) should prove helpful in reaching more rural homemakers; when they need help; when they are young. It is also anticipated and hoped by the agent that the Homemakers Council will be instrumental in stimulating increase interest in home demonstration work through the county.

All areas in the county have home demonstration information available to them through organized groups, (both adult and 4-H) and through mass media (newspapers and radio) but many of the homemakers are not availing themselves 100% to this service. Efforts will continue to be made by the agent to increase the spread and use of this home economics information.